

# Nutritional Tips for the Three Peaks Challenge



Nutritional needs clearly vary from one person to another but there are some basic rules which are definitely worth considering and following.



Firstly, it's very important to remember that you really need to enjoy any food that you choose to take with you, please don't take things because they are "good for you". Food you enjoy is far more appealing and more easily digested, particularly important when you're eating at strange times of the day and night when your body is least expecting it.

If you plan to use energy gels or drinks be sure to try them out before the actual challenge. Some people have difficulty taking these also, if you take too many, they can have some quite surprising and unfortunate effects, remember you are on a mountain!



Slow release energy foods are important given that this a challenge involving endurance and stamina.

Takes snacks which are reasonably compact, are not easily squashed and fit easily into your daypack. It's important that you can eat easily whilst going along.



A mix of carbs and proteins is important, boiled eggs, nuts, flapjacks, protein balls etc are all useful snacks.

Remember to eat little and often whilst walking.



Stay hydrated, it's much easier to stay hydrated than it is to rehydrate yourself. It's not so much about what you drink it's how much, your energy levels should ideally be catered for in your food. If you're used to energy drinks then fine, go ahead and use them if that's your choice. If not, water it's as good as anything, just make sure you drink enough of it. Again, don't be tempted to try hydration products that you haven't used before.

Some groups choose to have hot food ready for them when they get off each mountain, this depends on your drivers who are also there to support you. Instant porridge etc can be quite handy for this purpose, it's entirely up to you how adventurous you would like to be but do remember to plan and be organised, you do need to eat but you do not have time to waste.



Take a few energy snacks which can act as a "quick fix" should you need it, e.g. raisins, dried apricots, chocolate etc.

There's a limit as to how much sweet food you will want to eat so take a good variety of snacks.



You'll have far more fun if you stay hydrated and maintain your energy levels appropriately. Everyone's needs are different but hopefully training will help you to establish your own.